



Midtown Square
 3333 W Division Suite 218
 St. Cloud, MN 56301
 Use main entrance off of 33rd Ave. N
 Take stairs to second level
 (elevator available)



Central MN Mental Health Center
 A time to heal, a place to start.

CMMHC in partnership with
 CentraCare Health is providing
 healthcare integration
 collaboration with the support of a
 Primary and Behavioral Healthcare
 Integrative SAMHSA grant.
 Participants will be asked to
 participate in anonymous data
 gathering to further substantiate
 these needed services.
 Participation is voluntary.
 Receiving primary care services is
 not dependent on participation
 with the grant.

The **HI-C** Program

*Together, Creating a
 Healthier Life.*

*Central MN Mental Health Center in
 partnership with
 CentraCare Clinic Midtown*



***Want to feel
 better?***

**Hours: 8-4:30
 Monday-Friday
 320-257-4222**

Imagine...

...walking into a safe space where your needs are met with compassion and respect.

*...a medical provider who **takes time to listen** and specializes in the physical healthcare of people experiencing mental health concerns.*

... the option for all your providers to consult for the best care possible

...meeting with a peer wellness coach who understands your struggles.

...groups that are based on what you need and want.



Health and Wellness Services provided for adult individuals with serious mental illness.

The HI-C program offers both individual and group services.

"Hi-C promotes an accessible, client-driven, integrated alliance; while using a whole person approach to promote health, wellness, & recovery."

CentraCare Clinic Midtown

Nicole Zenk, APRN, CNP

Kim Duke, RN

Central MN Mental Health Center

Cindy Rondeau, LSW, MHP

Co-occurring Substance Use Disorder Counselor

Tracy Wallack

Certified Peer Wellness Coach

Come on in...

We look forward to seeing you!